

Arm Yourself

Self-defense class gives Soldiers another weapon

Sgt. Kevin McSwain
Task Force Marne Public Affairs

CAMP VICTORY, Iraq—It's dark, you are alone and an attacker jumps from behind a bush.

Some people may fear this scenario, but for some female Soldiers of the Task Force Marne team this is just another training exercise.

In observance of sexual harassment month, Soldiers are trained how to protect themselves in dangerous situations. "The class has helped me feel more con-

fident about walking places at night," said Pfc. Jessica Nugent, a transportation movement request manager with 384th Movement Control Team.

Nugent said the instructor taught the class that the best defense is a good offense.

"We are taught moves that help us become the dominant force in the altercation," she said.

"We are able to neutralize the attacker and get away to safety."

The class, held every Saturday during the month of May, is open to female

Soldiers.

"Our goal is to train these females and eventually integrate them into the Modern Army Combatives class," said Sgt. 1st Class Mike Jones, an information operations NCOIC with Headquarters and Headquarters Operations Company, 3rd Infantry Division.

Jones, who is one of only 83 level IV combatives instructors, said he planned to begin more extensive training soon.

"We hope to have our facility ready by the end of the month," he said.

"This time with the females gives them a

chance to get use to the contact of the training and a strong base of knowledge to build on."

Nugent, said that she has learned more than just how to protect herself.

"We have learned to protect ourselves in different situations, but we have also learned how to avoid danger," she said. "We learned to take precautions and use self-defense as a last resort."

Nugent said some of the tips from the class include, always walking with a battle buddy and letting others know where she is going and when she should return.



Pfc. Jessica Nugent performs a back kick on Sgt. 1st Class Mike Jones during a self-defense demonstration. Nugent said the back kick is effective against attackers who are trying to charge from behind. The kick should be aimed at the attacker's chest. The kicking leg should be thrust away from your body for more power as you bend forward to form a T for balance.

Photos by Sgt. Kevin McSwain
Graphic by Spc. Christopher Molina



Far right: Pfc. Jessica Nugent performs a rising block against Sgt. 1st Class Mike Jones during a self-defense demonstration. Nugent said the rising block can be used to deflect an attacker's punch. The block is done by using your nondominant hand to deflect the blow. The arm should be held at a 45 degree angle to ensure the attack glances down the arm and allows the attackee the chance to counter.

Above: Nugent performs a tiger claw maneuver on Jones during a private demonstration. The move is executed by thrusting the palm of your hand into the chin of the attacker as you curl your fingers to claw at their eyes and face. The move is meant to disorient the attacker and allow you to get away.

Right: Nugent performs a knee thrust on Jones. The move is performed by tucking your knee close to your body and thrusting it into the midsection of the attacker.



Stadium will be ready

Jimmy Currier
Coastal Courier Sports Editor

Liberty County School Board officials hoped to use Liberty County High School's new football stadium for graduation ceremonies this month. Unfortunately, neither the field nor the stadium is complete. But, board Superintendent Dr. Steve Wilmoth is confident the stadium will be ready for kickoff in September. Meanwhile, graduation ceremonies will be at Olvey Field.

The delay occurred because the architects Buckley and Associates encountered permitting problems with the Liberty County Consolidated Planning Commission regarding soil, drainage fields and water runoff.

Wilmoth said they had preliminary permits, but it took a while to obtain new ones.

Everything, according to Wilmoth, seems to be fine now and he said they are two weeks away from sprigging the field and sodding the grass. The board also is expected to send the field house and concession stand projects out to bid shortly.

Despite passerbys not being able to see much on the construction site, there has been progress. All of the sewer drains and stormwater drains are installed as well as the drain lines under the field.

Wilmoth said he believes the stadium is good for the school because it gives LCHS an identity.

"There are various opinions on what people think of athletics, but as superintendent I think there are a lot of different things that keep kids in school and for those kids who it will keep in school, I think it's a magnificent addition," he said. "I think as a community, it gives some identity to the school. They've never felt like they have had a home-field advantage."

Since LCHS' inception in 1993, the Panthers have shared Olvey Field with Bradwell Institute. Wilmoth said it was difficult scheduling games for all the varsity and junior varsity games and the new stadium presents the schools with an extra option.

"We may have to move a game from Bradwell to Liberty because of an outage or a problem," he said. "This way, we have the capacity to seat people at both fields if there is an emergency."

When the Panthers open their new stadium on Sept. 21, they will step foot in one of the premier stadiums in the area.

LCHS principal Paula Scott, athletic director Willie Graham and football coach Kirk Warner were instrumental in the design of the stadium.

Graham said they toured several stadiums in the area to come up with a perfect fit for LCHS.

One feature is two press boxes. This way, coaches don't have to worry about the opposing coaches listening to their play calls. There also will be locker rooms with adequate restroom facilities and a room for referees to change and refresh.

The bands and emergency vehicles will have exclusive entrances through an access trail.

The stadium includes at least 20 handicap spots on both sides of the field for fans to enjoy the game.

The walkways are bigger and one of the key features is it will allow easier control of the crowd.

Upon entering the stadium, fans will purchase tickets and either go to the home side or the visitors' side. Once on a side, the fan cannot cross over onto the other side. Entrances to the other side will be gated off.

Fans will not be allowed to walk around the stadium or congregate in front of the bleachers.

The restrooms and concession stands will be underneath the bleachers, with access stairs at every walkway. This way, fans don't have to walk from one end of the bleachers to the other to access the restroom or concession stands.

Another amenity is backed seating. The stadium has 250 seats with



Jimmy Currier

The new Liberty County Stadium is expected to be ready for the football season's kickoff.

backs on them from 40-yard line to 40-yard line.

"That's a pretty nice addition," Wilmoth said. "People, like me, getting a little older, appreciate something to lean back on instead of having someone's knee in your back."

Unfortunately for Wilmoth, he won't be able to try out the new seats because he is resigning in June.

Wilmoth, however, is excited for the kids who will get to play in the new stadium.

"They've worked real hard and have hung in there for several years," he said. "They worked hard and I just encourage them to work this much harder. They had a taste of winning last year and impressed

people."

The stadium is unnamed and Wilmoth said he wants to leave the naming up to LCHS. However, the board must approve the name.

"That's not my category," he said. "I won't get into that. The principal and athletic director have input on that. They're the ones who should have impact on it. It's their school."

During a board meeting March 6, LCHS Alumni Association member Charles Frasier requested to name the new field in honor of Donnell Woods.

Other names for the stadium, according to Wilmoth, include Liberty Stadium and Panther Stadium.

2007 INTRAMURAL SPORTS

SCHEDULE

| | | | | | |
|-------------------------------------|-----------|--------|-------------------------------------|-----------|---------|
| 5USAG MP Co. vs MSC, STB | 6:30 p.m. | May 21 | USAG MP Co. (A) vs 632nd Maint. Co. | 6:30 p.m. | June 6 |
| 632nd Maint. Co. vs USAG MP Co. (B) | 7:30 p.m. | May 21 | 135th QM Co. vs USAG MP Co. (B) | 7:30 p.m. | June 6 |
| 135th QM Co. vs 632nd Maint. Co. | 8:30 p.m. | May 21 | MSC, STB vs 549th MP Co. | 8:30 p.m. | June 6 |
| 549th MP Co. vs USAG MP Co. (B) | 6:30 p.m. | May 23 | MSC, STB vs USAG MP Co. (A) | 6:30 p.m. | June 11 |
| 135th QM Co. vs USAG MP Co. (A) | 7:30 p.m. | May 23 | USAG MP Co. (B) vs 632nd Maint. Co. | 7:30 p.m. | June 11 |
| 632nd Maint Co. vs MSC, STB | 8:30 p.m. | May 23 | 549th MP Co. vs 135th QM Co. | 8:30 p.m. | June 11 |
| 135th QM Co. vs USAG MP Co. (B) | 6:30 p.m. | May 29 | USAG MP Co. (B) vs 549th MP Co. | 6:30 p.m. | June 13 |
| 632nd Maint. Co. vs USAG MP Co. (A) | 7:30 p.m. | May 29 | USAG MP Co. vs 632nd Maint. Co. | 7:30 p.m. | June 13 |
| 549th MP Co. vs MSC, STB | 8:30 p.m. | May 29 | MSC, STB vs 632nd Maint. Co. | 8:30 p.m. | June 13 |
| USAG MP Co. (B) vs MSC, STB | 6:30 p.m. | May 30 | USAG MP Co. (B) vs MSC, STB | 6:30 p.m. | June 18 |
| 549th MP Co. vs USAG MP Co. (A) | 7:30 p.m. | May 30 | USAG MP Co. (A) vs 549th MP Co. | 7:30 p.m. | June 18 |
| 632nd Maint. Co. vs USAG MP Co. (B) | 8:30 p.m. | May 30 | 135th QM Co. vs 632nd Maint. Co. | 8:30 p.m. | June 18 |
| USAG MP Co. (B) vs USAG MP Co. (A) | 6:30 p.m. | June 4 | USAG MP Co. (B) vs USAG MP Co. (A) | 6:30 p.m. | June 20 |
| 549th MP Co. vs 632nd Maint. Co. | 7:30 p.m. | June 4 | 135th QM Co. vs MSC, STB | 7:30 p.m. | June 20 |
| MSC, STB vs 135th QM Co. | 8:30 p.m. | June 4 | 632nd Maint. Co vs 549th MP Co. | 8:30 p.m. | June 20 |

Softball Standings

SouthEastern Conference

| | Won | Lost | PCT |
|------------------|-----|------|-------|
| MSC, STB | 4 | 0 | 1.000 |
| 632nd Maint. Co. | 3 | 1 | 0.750 |
| USAG MPs (A) | 2 | 2 | 0.500 |
| 549th MP Co. | 2 | 2 | 0.500 |
| USAG MPs (B) | 1 | 3 | 0.250 |
| 135th QM Co. | 0 | 4 | 0.000 |

Hunter Volleyball Standings

| | Won | Lost | PCT |
|------------------|-----|------|-------|
| MSC, STB | 1 | 0 | 1.000 |
| U.S. Coast Guard | 7 | 2 | .777 |
| 224th M.I (A) | 6 | 6 | 0.500 |
| Riggers | 5 | 7 | .416 |
| 224th M.I (B) | 6 | 9 | 0.400 |



Marines from Hunter win 2nd Annual Mighty Eighth Golf Classic

Jenny Reardon

Clockwise from bottom left to bottom right, Sgt Chris Wiley, Sgt. William Crittenden, Gunnery Sgt. Claude Pile, and Staff Sgt. Mark Fry, Marines from 2nd Beach and Terminal Operations Company, stationed at Hunter won the 2nd Annual Mighty Eighth Golf Classic at the Mighty Eighth Air Force Museum May 7. Wiley said the victory was a team effort with Wiley hitting long shots, Pile's short game, Fry's chipping and Crittenden's putting. The team finished first of more than 20 teams participating with a score of 11 under 61.

Sand Gnats Military Appreciation

Watch the Savannah Sand Gnats take on the Columbus Catfish 7 p.m., Saturday at Grayson Stadium. The events will include a message from Maj. Gen. Rick Lynch, the 3rd Infantry Division commanding general. There will be a post game fireworks show and more. A limited number of free tickets for admission only are available at the Leisure Travel offices at Stewart and Hunter. Also Military ID card-holders can receive \$5 admission at gate which includes a free hotdog, bag of chips, and a soft drink/beer.

Long County Tide focuses on attitude

Mike Riddle

Coastal Courier correspondent

Even though it is still four months before Long County takes on Savannah Country Day in their first football game, coach Kyle Wilson knows the spring training practices going on now will tell him a lot about where the team will be on that first Friday.

Coming off a 2-8 year, where the Long County athletic program moved up from the Region 3-A to Region 2-AA, Wilson knows he and his team cannot get in too many practices.

Last year, the team was the most competitive it had been since the football program was re-started in 2000. But the Tide was unable to close out several games where there was an opportunity for a win. Inconsistent play plagued the team.

"We improved on getting a winning attitude, but at times, the team just wanted to get through the game and they didn't expect to win," Wilson said. "We have got to get past that and have the expectation that we will win."

The Blue Tide should improve on last year's record, having eight starters returning on the offense and six on the defense.

According to Wilson, he feels his team is pretty strong in the skill positions, but has several holes to fill on both sides of the line.

Sophomore Justin Boyd will be returning

in the quarterback position, and he should have more than enough targets with Wilson planning on using the 4-Wide Spread formation as the primary set.

Wilson said he planed to throw the ball to open up the running game.

"We hope to go about 60-40 with the pass, so we can set up the running game, but all that will depend on our protection," he said.

Wilson did say that the team would be getting the ball in senior Prince Moody's hands as much as possible.

At tailback and wide receiver, Moody was the most productive offensive weapon for the Blue Tide last year.

Robert Williams and Scott Haverstraw return to the offensive line, but other than them, the line is wide open for change.

When asked how the defense looked this week, Wilson said, "We are looking pretty strong at linebacker, even though we are looking for one in the middle, and we are looking good in the secondary. Our weak point there is also on the line.

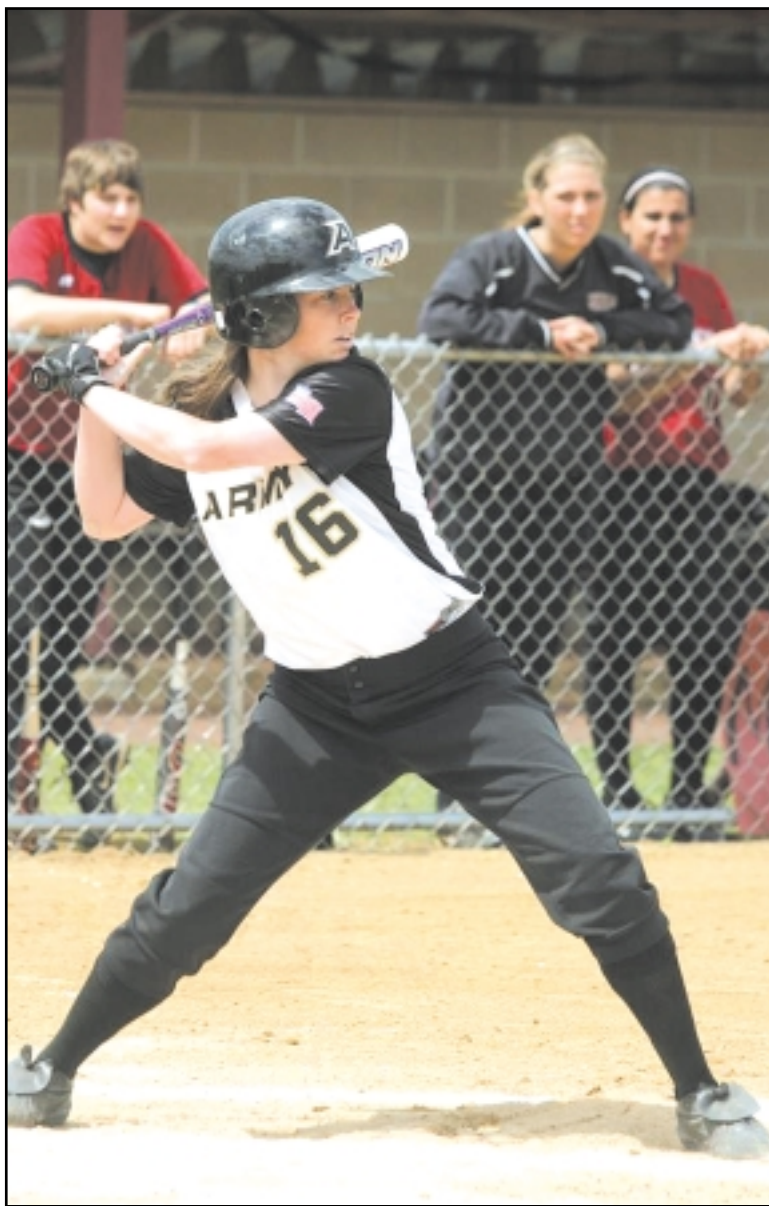
According to the coach, one way he may have to deal with the shortage of linemen is to have some players play on both offense and defense.

"I'm depending on my seniors to step it up and lead the team this year," Wilson said. "That first game must be a win, no excuses. If we are going to have a winning attitude, we have to start out with one from the start."



Mike Riddle

Prince Moody gets tackled during spring practice. Moody and the Tide are excited about the 2007 football season.



Courtesy photo

Lindsey Gerheim, senior for Army softball.

Gerheim named to academic All-American soft ball team

Army Athletic Communications
www.goarmysports.com

WEST POINT, N.Y. – Senior Lindsey Gerheim's softball career at Army ended at the Patriot League Tournament in Bethlehem, Pa., May 11, but the short-stop from Alpharetta, Ga., continues to earn postseason honors with her recent selection to the ESPN The Magazine University Division Academic All-District I team for the second time in her career.

Gerheim, a starter since her freshman year, is the Academy's all-time leader in home runs (20), games played (200) and at bats (584), while ranking second in hits (195), runs batted in (100) and total bases (300). She also ranks among Army's Top 10 for doubles (33), runs scored (109), walks (45), triples (6) and batting average (.333).

The senior co-captain has written her name into the school's single-season annals in five categories. Gerheim is tied for second in hits (6) and home runs (7), fourth in runs (35 – 2005), tied for fourth in RBI (30) and tied for 10th in doubles (11). The four-time Patriot League all-star ranks ninth on the conference's career list for hits and tied for fifth in home runs.

A four-year member of the Dean's List and Patriot League Academic Honor Roll, Gerheim earned Academic All-District I honors with a 3.55 grade point average in Management. She was one of 11 players selected to the District I squad that had nine schools represented.

Gerheim, ranked 78th nationally in batting in the latest NCAA statistics (as of May 6), enjoyed an outstanding senior campaign as she led the Black Knights in just about every offensive category, while ranking among the Patriot League leaders in home runs (7), hits (61) and total bases (95). She also finishing second in the conference in batting (.394) and slugging percentage (.613), while ranking among the leaders in runs batted in (30) and at bats (155).

To be nominated for the Academic All-American team, a student-athlete must be at least a sophomore starter or significant reserve on his or her team and own a cumulative grade point average of at least 3.2. The District 1 team includes all NCAA Division I schools within the states of Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island and Vermont. The district honorees are now eligible for selection to the national Academic All-

American team to be announced next month.

Gerheim is Army's first two-time District I pick among the three Black Knights selected for this honor. She became the first Army softball player to earn first-team honors as a sophomore in 2005, and repeated this spring.

Classmate Veronica Lauzon was named to the second team as the DP in 2005, while Melissa Parish was the first Black Knight to earn district honors with her selection to the second unit in 2002.

In addition to being eligible for national Academic All-America honors, Gerheim is among the 10 finalists for the Lowe's Senior CLASS Award that will be presented to an NCAA Division I senior softball senior softball player who excels both on and off the field.

Candidates were selected based on qualities that define a complete student-athlete.

While the on-the-field performances during the student-athletes' collegiate softball careers are a factor in choosing candidates and the eventual winner, the personal character and off-the-field achievements in the classroom and community are also major areas of focus.